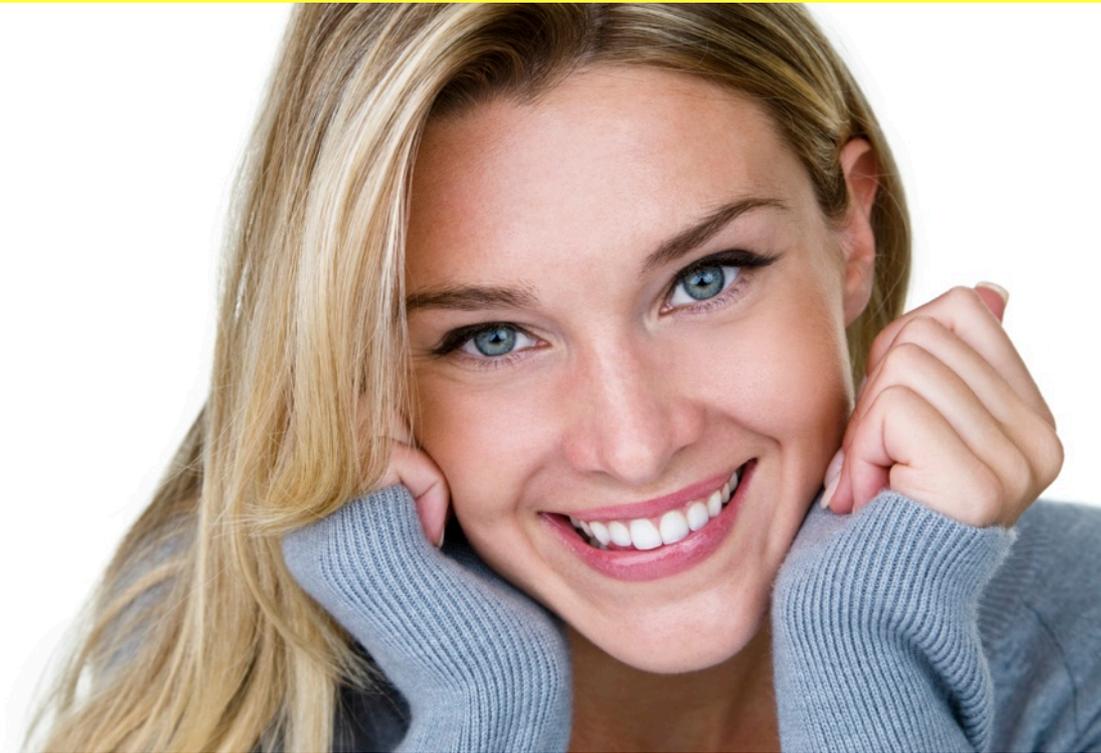


BIG SMILES all round in Harpenden.



WHY?

The future of diamonds - page 3... Ladies love shoes - pages 4&5... Pro-active health care - pages 6&7... Top team hairdressers page 8... New secondary school to open Sept 2018 - page 9... Improve your smile - pages 10&11... Financial help for women - pages 12&13... A night of rock music - page 13... Classics on the Common - page 14... A friendly Dragons Den - page 15... Award winning Fish n' Chips - pages 16&17... Find time to breath - pages 18&19... New homes in Rothamsted Park - page 20... How the Universe began - page 22... New state of the art Gym - pages 23&24

THE SPRING EDITION APRIL 2017

Harpenden news updates
Check out the Harpendia web site daily
www.harpendia.com

Harpenden is in an expansive phase with many active developments in progress.
The Neighbourhood Plan:

The new Sports and Leisure Centre



The new Arts Centre and Theatre



New homes developments



**From the Editor.
April 2017.**

Harpenden is looking spectacular at the moment with spring flowers in profusion, and trees beginning to show new green leaves.

But that's not all, with an SLP in disarray and the first ever Neighbourhood Plan in progression the town's future needs careful consideration

It's a time for residents of all ages to make their views known and give their support for what they believe in and not just sit on the sidelines.

A big thank you to all the contributors and the writers who have contributed to this edition.

If you want to contribute to the Summer edition please contact me.

Ron Taylor.
info@harpendia.com

'Diamonds are forever'

so the Shirley Bassey song goes...**BUT NOT** according to a March report in 'The Economist'.

Their headline 'Why diamond production may be about to peak' followed with an editorial about De Beers and how they have no plans to open any more diamond mines following the recent one in Canada.

The modern diamond industry was founded by De Beers in 1888 in South Africa. Since then most analysts reckon the best deposits of diamonds have been mined so inevitable shortages may occur if demand continues.

HOWEVER research shows that 'Millennials' are prepared to accept alternatives in the form of synthetic diamonds.

Real or Fake diamonds, how can you tell the difference?

ASK LOVEWEDS

Mitchel Barres said "Our connections in Hatton Garden ensure that all the diamonds we use for our engagement and eternity rings are sourced from the most trusted and reliable merchants. We check the provenance and quality before they are crafted into rings to guarantee you have the best diamonds for the price."

APRIL PROMOTION Flash Offer

Buy a brand new 1.00CT round brilliant cut solitaire diamond ring in platinum or a choice of golds, white, rose and yellow at an amazing offer of £3,500



Loveweds
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Harpenden Shoes

A photographic collection created by Penny Bird
with many thanks to local residents

What do these gorgeous Harpenden residents have in common?



Kirsty Edmonds (left) is a cognitive behavioural therapist (www.cbtcoach.co.uk); Kate Speirs runs a language school (www.linguafanatics.co.uk) and Anita Burrows is a Dental Hygienist at Wayside Dental Practice (www.waysidedental.co.uk). They are all self-employed. They are all mums. And, they all adore shoes.

Local photographer Penny Bird celebrates the character of the community through creative artworks. Towards the end of last year, she asked for volunteers willing to model their favourite footwear for her project 'Harpenden Shoes'.

"I was overwhelmed by the incredible response. I photographed 35 pairs of feet and incredibly there is no duplication of function, design or even colour in the collection. Even more touching were the stories behind each pair of shoes: bravery, determination, romance, memories and confidence – as well as self-indulgence and pure enjoyment. It means a lot to me that so many people took part – it shows some of our town's fabulous personality!

"Kirsty is probably the most shoe-mad person I've met. She arrived for the photo shoot with a crate full of shoes, after being told to bring one pair," laughed Penny.

Kirsty agrees: "I find it very difficult to choose one pair of shoes to wear at a time. Shoes make me feel young, creative, tall and brave and they definitely give me confidence. When I'm wearing high heels, my self-esteem is high too. It is a win-win situation. Taking part in Penny's Shoe project

has been wonderful. I've met other like-minded people and really enjoyed the modelling."

"Orange is one of my favourite colours and it really sets off my colouring," says Kate. I bought these beautiful shoes second hand in perfect condition and they are guaranteed to get me flattering compliments when I wear them. Since the project, I've commissioned [pennybird and camera](#) to photograph my language lessons so I can update my website and have new material for social media posts. She takes lovely photographs, as well as being quick and efficient."

Anita told Harpendia that she has had her footwear printed and framed and the artwork is now hung on her staircase. "I am delighted with the prints. I wore two pairs of shoes for the shoot: black and silver studded platforms with killer heels and smurf tights, and my brightly coloured finger painted pumps which always cheer me up. Whenever I use the stairs, they remind me of how beautiful I feel when I'm dressed up."

Penny concluded: "Harpenden Shoes has introduced me to many lovely residents and has been a great pleasure to do. The next projects planned include the 'Hidden beauty spots of Harpenden' and 'Harpenden Dogs'. I'm looking forward to doing these during 2017, meeting new people and making new friends. Please get in touch if you would like to take part.

If you are interested in purchasing Harpenden Doors or Harpenden Shoes, please visit my shop on www.pennybird.co.uk.

Partners in Health

Davenport House Surgery

By Amanda Thomas



With only three main doctors' surgeries in central Harpenden, The Village Surgery, The Elms and Davenport House, it is no surprise that it can sometimes be hard to get an appointment. I met up with Davenport House Practice Manager, **Shannon Davies** (right) to see how the surgery in Bowers Way copes under pressure and how it juggles the needs of its 12,000 plus registered patients.

There are three ways of making an appointment at Davenport House: on the telephone automated service, by speaking to a receptionist (on the phone or face-to-face) or by using the online patient services, though the latter cannot be used to see a doctor on the same day. Telephone lines are open between 8.10 am and 6.30 pm but appointments go extremely quickly. However, if a problem is not urgent then planning ahead is the solution. Early morning appointments can be made up to six weeks ahead (from 7.00 to 7.50 am on Tuesdays, Wednesdays and Thursdays) and slots are also available

between 9.00 and 11.50 am on the second Saturday of each month. Telephone consultations are possible as well, and for the elderly and very sick, old-fashioned home visits can also be arranged, even for the same day if absolutely necessary. Given that doctors' resources are so stretched, it is extraordinary that many people who make an appointment fail to turn up. Between October 2016 and January 2017 some 292 people did not attend an appointment, an average of 72 wasted hours per week over that same period.

Of course there are complaints when the system doesn't work as quickly or efficiently as patients would like, but a recent **Care Quality Commission** inspection in October 2016 rated Davenport House 'good' in all service categories, including safety, effectiveness, care, response and leadership. The administration system is also structured to minimise the frustration of having to wait for hospital treatment. New technology is very useful in

Want to check your own Blood Pressure?
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this respect as the team is now able to book appointments and referrals for patients much faster than ever before. "Our secretarial team is extremely proactive," **Shannon** explained, "and they have access to the 'choose and book' system at our local hospitals." These include the **Luton and Dunstable, Watford, the Lister and also St Albans**. Unfortunately the NHS does not have an integrated computer system so in some cases it can still take many weeks for hospitals to organise appointments and communicate back to the surgery.



Article continues...

Led by **Dr Andrew Chafer**, (below) Davenport surgery has eight GPs (including six partners) and a team of nurses and healthcare assistants who provide specialist healthcare for men, women and children, including clinics for asthma and diabetes.



Travel advice is also on hand with an immunisation clinic every Thursday providing vaccines against most types of deadly diseases to be found abroad, including yellow fever and Japanese encephalitis, though the cost for these is not covered by the NHS.

Davenport House has a popular **Patient Participation Group**, one of the largest in the country. The group supports the surgery and has an elected committee and active membership. Funds raised by the group have paid for things like the reception pod, where patients can go to test their blood pressure, the television screen upstairs (there will also soon be one provided on the ground floor), and the disabled car parking bay outside. Membership costs £10 a year per family, or just £5 to 'Keep in Touch' and benefits also include meetings three times a year at Rothamsted where keynote speakers are invited to talk on interesting subjects related to health, as well as an annual general meeting open to members.

Despite the fact that everyone at Davenport House is extremely proactive, there is still much to do, particularly with reaching out to the local community to encourage more young families to register and to become involved in the **Patient Participation Group**.

Davenport House welcomes new patients and registration is easy - information packs are available at reception. (bottom of page)



(above: one of the clinician rooms)

Davenport House surgery is situated at Bowers Way, Harpenden, AL5 4HX; 01582 767821, www.davenportsurgery.co.uk



Harpenden's top hairdressers...

Team Capelli

An exciting balance of experience and youthful talent combined under the leadership of Salon Owner Mike Avvinti.

Established in Dec 92 Team Capelli is looking forward to celebrating 25 years in 2017. Mike is your 'go to' for ladies and gentlemen's haircutting and 'great lengths hair extensions.'



Sarah. Sarah has now been at Capelli for 10 years. If colour is what your after then she is your girl. Passionate in all aspects of hair colouring and ladies haircutting.

Amber. Now working part time Amber splits her time between Harpenden and London. Fashion colour is her forte bringing a little of Camden back to good old Harpenden.

Sam. Sam has not long joined us formally from Artisan in St.Albans. The '*new kid on the block*', he is very talented in all aspects of ladies and gentlemen's hairdressing. Cutting, colouring, balayage, big bouncy blowdries he has recently added another service offering '*easilock hair extensions*.'

Tori. Tori has also recently joined us after working for Toni & Guy in St Albans /Watford for 14 years. Tori is our colour specialist and is here to look after all your colouring and perming needs.

Amanda. Amanda is currently on Maternity leave and has also been with Capelli for over 7 years. Amanda is another all rounder cutting both ladies and gentlemen's hair Colour specialist and perming Queen.

Nawel. Well Nawel is the jam that keeps everything running smoothly. Everyone needs a Nawel keeping the salon looking tip top when it all goes crazy.



Capelli Hair Salon
7B Station Rd,
Harpenden
AL5 4SA
01582 622372



Track the timelines for the opening of Harpenden's new secondary school in Sept 2018

We have now completed the 6 client engagement meetings between the Trust, the EFA and the two companies, Kier and Bam, taken through to the final stages of the tender.

Following lengthy consultation with the Trust regarding all the educational aspects of the build, such as subject classroom adjacencies, office locations, sports centre provision, toilet design etc., both companies have now presented their initial plans of how they see the school.

The next stage is for Kier and Bam to submit their tender proposal by early April. These will be reviewed and a decision made regarding the most preferred tender.

Our existing timeline is therefore accurate – there will be **two rounds of public consultations** regarding the further development of the design within the coming months, with **planning submission still scheduled for the autumn.**

The Trust will also publish the agreed admissions policy with the EFA and explain the application method for prospective students to join the school in Sept 2018. This will be on the website by early April.

Visits continue by members of the Trust education sub-committee to other new schools that have opened in the last five years, to identify good practice (in other words pinch any good ideas we can see as being proven to work).

The marketing sub-committee is in discussion with uniform suppliers regarding the style, design and pricing of the new school uniform and plans regarding the naming of the 'fourth school' continue apace.

TIMELINES

Below is a broad timeline to reflect key stages of activity towards the new school opening in September 2018. The timeline is a draft plan and is open to change.

09.01.2017: The EFA issue a preliminary invite to tender to up to 9 construction companies.

17.01.2017: EFA approve approx. 2 outline tender submissions to take through to full tender.

03.04.2017: Review tender, decide and appoint a construction company.

Spring 2017: Once the contractor is selected then they and the EFA develop designs and plans for the site. This will lead to a public consultation, offering residents the chance to view and comment on the proposals as they progress. This will be held before a planning application is submitted, offering the chance to see the emerging project.

Autumn 2017: Once plans have been prepared and consulted on, a planning application will be submitted, which will then be assessed and decided upon by elected councillors.

Spring 2018: With a successful planning application, construction to begin on site, including temporary accommodation as necessary.

Improving your Smile



Having a confident smile helps with self-esteem and with social interactions. If you are not happy with the appearance of your teeth, there are many things that can be done to improve it.

Dental Hygiene

A good starting point to a more confident smile is seeing a hygienist. A thorough clean will leave your teeth looking and feeling spotless and bright. Our hygienists also offer Airflow, a treatment that removes stubborn stains from your teeth and in-between your teeth where it's hard to reach, making your teeth noticeably brighter.

Tooth Whitening

Tooth whitening can take years off you, and is now extremely popular. Teeth can be whitened to a shade you like. Teeth dull as we age and from drinking coffee, tea and red wine. At Wayside, we have a variety of tooth whitening options, from Enlighten Whitening to WhiteWash whitening strips.

Tooth Straightening

This can now be done without the need for unsightly brackets and wires. Invisalign is a tooth straightening system that uses a series of clear plastic, removable aligners. Not only is this system almost invisible, it moves teeth incredibly efficiently and it can be less time consuming for the patient than conventional braces. Another possible option is Six Month Smiles. This is a system that uses barely visible clear plastic brackets and wires and the average treatment time is only 6 months.

Veneers

Veneers can improve the colour, shape and position of teeth. They give a natural look because they are very thin and are held in place by special, strong adhesive. Sometimes instead of veneers, the appearance of teeth can be significantly improved by using a technique called bonding. This uses tooth-coloured composite filling material to reshape the teeth and this can give a very natural result. Bonding is a much cheaper option too.

CONTINUES ON NEXT PAGE

Crowns

A crown is an artificial tooth that fits over the remaining part of a prepared tooth. They are used on back teeth that need restoring, and also on front teeth when they are the best option. They are very strong and new materials mean that they can be matched with your teeth to look completely natural.



Dental Implants

At Wayside, we also restore teeth using dental implants with crown or bridgework. These are placed using dental lasers and also using state of the art computer guided technology.

See our website for more information.
www.waysidedental.co.uk
Call us on 01582 712 470



Wayside Dental Practice
2 Douglas Rd. Harpenden

Patient Care at Wayside Dental Practice...

A helping handrail.

We are quick to respond to patient suggestions. In December, a patient mentioned that it would be helpful to have a handrail not just by the entrance, but also along the path.

So here it is, and we are delighted to have had so much positive feedback about it. We're also grateful to the skilled ironworker who crafted much of it on-site, and has ensured its design is in keeping with the age and stature of the property.



Focusing on Women. Two case studies to show how we have helped clients

By Geoff Newman.

In the spring edition of Harpendia I normally comment on the budget and the impact it has on the financial services industry. However, “Spreadsheet Phil”, in delivering his first and last spring budget, has avoided the usual obsession by most recent Chancellors of raising tax by raiding pensions.

Indeed, apart from the previously announced increase to £20,000 of the annual ISA allowance and the reduction of the tax free dividend allowance from £5,000 to £2,000 from April 2018 there is precious little for savers to debate.

However, the budget was delivered on International Women’s Day and Phil set aside a £5m fund for projects celebrating the 100th anniversary of the Representation of the People Act (1918), the first legislative step towards equal voting rights for men and women.



At Lyndhurst we have always supported equality in financial services, even though the industry tends to be very male dominated, hence the launching of our service “Focus for Women” at the end of last year. Since then it has been a busy time and I thought you might be interested in a couple of case studies where our team have helped our clients:-

Pension Sharing on Divorce

Laura came to us during her divorce from her husband. She was 57 and about to be awarded a share of her husband’s pension as part of the divorce settlement. Their children were all

grown up and she wanted to be able to start fresh in a new home of her own. She had therefore chosen to give up her share of the family home in exchange for more of her husband’s pension.

We helped Laura set up a suitable pension plan to accept the transfer in from her husband’s pension scheme. Being experienced in the process, we were able to liaise with her solicitor and make sure that the transfer took place quickly and smoothly.

Once she was in receipt of the funds we were able to drawdown what she needed to buy her own home. We were also able to demonstrate to her how she could afford to carry out some home improvements and still have enough funds left over to provide sufficient income in retirement to meet her lifestyle needs.

Business Owner and Property in Pensions

Charlotte is a successful business owner. We had been helping her invest and plan for her retirement for many years when she asked for some advice when commercial premises her company was leasing went up for sale. She was concerned that the business would potentially have to move and the detrimental impact this could have.

We were able to show her how she could purchase the property herself.

She could do this tax efficiently by using her SIPP to purchase the property, and we were to advise her on this, guiding her through every step.

As a result she has expanded her business, removed the risk of having to move premises and acquired a significant asset in her pension.

If you would like to have an initial chat with one of our Focus for Women team (above left) call on 01582 769980.

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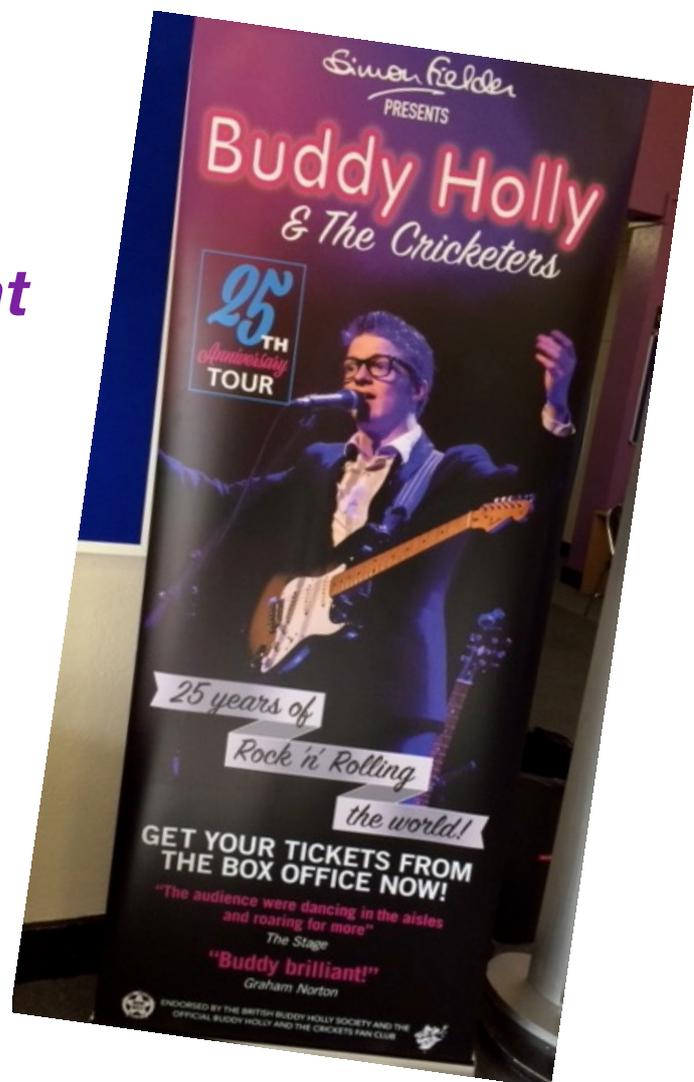
The value of investments and the income from them can fall as well as rise.

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Lyndhurst
Financial Management

May 25.
A night of pure
music entertainment
at Harpenden's
Public Halls
Call the box office
01582 767525



CLASSICS ON THE COMMON

Wednesday 26th July 2017

Make a note in your diary

It's 2017 and we are working very hard to bring you one of the biggest one day car shows in the UK.

Classics on the Common will be held on Wednesday 26th July, run for the tenth year by Rotary in Harpenden, the charity arm of Harpenden Village Rotary Club. Once again we are very grateful to Harpenden Town Council for being our main sponsor.

The show runs from 2pm to 8pm and entry is free for all spectators. Classics on the Common is run as a charity event and this year our named charities will be:

Luton & Harpenden Samaritans, Prostate Cancer UK, Hopes and homes for Children and Herts Young Homeless.

Last year we were blessed with a beautiful day and thousands of people from all over the country came on to the common to admire the vehicles. Thanks to the huge generosity of our spectators, the bucket collection on the day, raised £18,000 and when all the donations were counted we were able to distribute £33,000 to our named charities and other good causes.



A friendly **Dragons Den** here in Harpenden-June 8 **Help** for local charities...**Help** from the community

Organised by THE FUNDING NETWORK
HERTFORDSHIRE this follows a
successful launch event last year at the St
Albans Verulamium Museum, which raised
nearly £12,000 for four local charities.-
Mind in Mid Herts
Young People's Puppet Theatre
The Ollie Foundation
Sustainable St Albans

This year The Funding Network
Hertfordshire is organising another live
crowdfunding event at the spectacular
Rothamsted Conference Centre on the
evening of Thursday 8th June.



Our events are like a friendly Dragons' Den,
where four local causes 'pitch' to a crowd
of 200 potential supporters including local
residents and companies. Our guests pool
their time and resources to fund charitable
projects that catalyse social change. Click
here for a taster of last year's event.
[https://www.youtube.com/embed/
Mb1uJ3_t-uk?rel=0&autoplay=1](https://www.youtube.com/embed/Mb1uJ3_t-uk?rel=0&autoplay=1)

This year we want to raise £15,000, and are
expanding our call for applications to
charities across Hertfordshire. The link for
applications can be found at [https://
www.tfaforms.com/4606186](https://www.tfaforms.com/4606186)

The winners could receive between £3,000
- £5,000 to help their cause.

Hurry as applications close on April 20.



WANT TO ATTEND THE EVENT?

Come along, join us and be part of a global
movement at the vanguard of a different
approach to supporting local charities and
communities : live crowdfunding. Make a
difference, have fun, connect and engage
over a glass of wine at the wonderful
Rothamsted centre. Tickets cost £10 and
are available at [http://
www.thefundingnetwork.org.uk/events/tfn-
st-albans/1286](http://www.thefundingnetwork.org.uk/events/tfn-st-albans/1286)

**Details of the charities will be available after
the selection process in late April.**

**Learn more about The Funding
Network here:**

[www.thefundingnetwork.org.uk/.](http://www.thefundingnetwork.org.uk/)



Award winning fish and chip shop on our doorstep

By Claire Millins

Godfrey's are 2017 National Fish & Chip awards regional winner for Central and Southern England



For the second time in their four year history, Godfrey's Fish and Chips have been named 2017 regional winner in the National Fish & Chip awards and ranked in the top ten. Add to this their two 'Best Takeaway' wins in the St Albans and Harpenden Food and Drink awards, this takes their award tally to four in the four years they have been open.

But what is it that makes Godfrey's stand out from the rest?

Sense of community

When asked why he chose to open his shop in Harpenden, Luke said:

"Harpenden has such a great high street as well as having such a great community that we're really pleased to be part of. There's always something going on; the carnival, Classics on the

Common and my favourite day of the year in the shop the Christmas Lights switch-on."

Since opening in November 2012, Godfrey's has fully embraced the community aspect that makes Harpenden such a unique place to live by supporting local charities, organisations and schools.



They are a Platinum Partner with the Hospice of St Francis and the main sponsor for Harpenden Film Society.

They've given talks in several local schools on topics including sustainability and opening a business and taken their pop-up beach to local events including the Harpenden Carnival.

It's not just their colour scheme that is green Operating sustainably is something that Luke,

Godfrey's owner, feels passionate about.

They were the first of any restaurant or take away in Hertfordshire to be granted certification from the Marine Stewardship Council (MSC). This means all their fish is MSC certified and fully sustainable. They buy their cod and haddock direct from the boat that catches it, in Norway, the Leinebris, one of the

worlds most advanced and sustainable fishing vessels. Luke has even been on board, caught fish and met the crew. So he really does know how and where the fish he serves is from.

Article continues on next page...

As far as possible other aspects of the business is environmentally friendly:

- All of the packaging is 100 per cent compostable
- The electricity is supplied by Ecotricity, Britain's greenest energy company, who generate electricity through wind, solar and tidal power
- There is a 300 litre rainwater tank buried in the rear garden which is used to flush the restaurant toilets
- All plastic, paper, card, glass and tins are recycled
- All food waste goes to an anaerobic digester – producing compost and power
- All used oil is collected and used to fuel a power and heat generation plant



Food cooked with love

Each and every meal served at Godfrey's is cooked to order. You might have to wait anywhere from five to 20 minutes at peak times, but you can be assured of fresh, piping hot food rather than food that has been cooked and left to dry out under heat lamps.

Before opening the shop each day Luke and his team have a huge amount of food to prepare:

They don't buy in pre-prepared chips, so there are potatoes to peel and chip every day. In a typical week Godfrey's use between two and three tonnes of potatoes

Fish needs to be portioned. They use around 600Kg of fish each week

Pies, sides and sauces are all homemade and are baked and cooked fresh each day. Luke said: "my dad makes the pies, he was a Navy chef for about 20 years."

It's not your typical '9 to 5' routine



A typical day at Godfrey's starts at ten in the morning with all the food preparation. The take away opens at noon and closes at 21:30, Monday to Saturday, with a new delivery service available on Tuesday, Wednesday, Thursday and Saturday. The restaurant closes at 23:00 for customers to finish eating and drinking, but last food orders are 21:30.

Luke explained that there are never really any quiet days and Friday generally tends to be the busiest. On a Friday night there will be four cooking, six or seven staff in the take away serving and another six in the restaurant.

Once the shop is closed, it's time for cleaning.

The shop is left clean at the end of each night and it's a mammoth task clearing up after a day's service. Not only is there the thorough cleaning to be done, there's the dishes to wash and laying tables in the restaurant. Luke said: "keeping the shop clean is a bit like painting the Forth Bridge, it's never ending. But cleanliness and hygiene is something that's very important to us. Usually cleaning doesn't finish until midnight and on busy nights it's not unknown for us to be there until gone 1am!"



Conclusion

Even being surrounded by fish and chips every day Luke still enjoys eating the dish and when asked what he puts on his chips he answered: "*just a sprinkling of salt, that's all that's needed.*"

We All Need Some Breathing Space

By Amanda Thomas

Whenever I visit Breathing Space in Harpenden's Thompson's Close, it is always packed – and it's easy to see why. Run by Keith and Jane Lunn, (*top right*) this is Harpenden's one-stop café, fitness centre and spa – and you feel better the moment you walk in.

The bright and airy entrance is occupied by the Blueberry Café and reception area, where Jane Pease (*centre right*) and her team of six part-time receptionists are always on hand with a warm welcome. "It's all about putting the client first," Jane explains, "and I remind the team that we don't know what is going on in people's lives," which explains why the reception is generally buzzing with chatter, including reassuring advice about how Breathing Space can help and what is available.

Yoga and Pilates classes happen in the ground floor Fitness Studio, overseen by the fabulous Jackie Birch. (*below right*) Classes cater for every ability, until 8 o'clock in the evening and at weekends; one-to-one sessions are also available. However, it pays to become a Class Studio Member. With no joining fee, for just £40 a month – payable by standing order – you can have one mat work class a week in the studio and a 10% discount on treatments and products – and also on café purchases.

The Blueberry Café is run by sisters Fi and Flo. Open from 8.30 am till 5.00 pm, it offers a wide range of healthy food and drinks and is the only place in Harpenden which has gluten-free options. "Everyone today is so much more aware of what they are eating," Flo told me, which is why the menu includes top quality – and locally grown – ingredients, including free range bacon and chicken. Quiches come from Parker and Vine and the freshly baked cakes are homemade by AK's Cakes in Luton. The café is dominated by a huge blackboard which advertises the involvement of local suppliers – including Jelley's Meats in Southdown – and the extraordinary range of juices, smoothies and shakes, all of which have been devised by the café. The most popular juice is the Ultimate Detox which combines acai, strawberry, blueberry (of course!), ginger, apple and mango. There is also a wide range of soothing teas, including the delicious oolong which is surprisingly difficult to find even in cafés in London. The menu covers a wide selection and includes quinoa salad, the ever-popular chicken, bacon and avocado wrap, and the amazing Superfood Salad

Article continues...

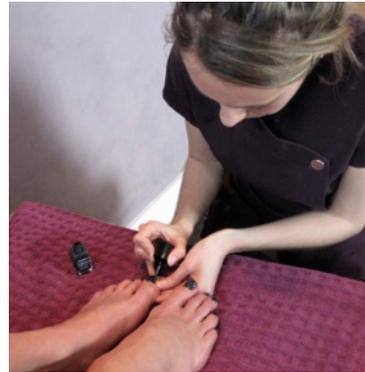


which contains edamame, broccoli and beetroot; granary bread comes from Redbournbury Mill. Soups are provided by the Yorkshire Provender, a family business based in Ripon, and includes flavours such as Indian spiced vegetable and Thai green chicken. The menu will be changing in the summer but Flo and Fi assured me that all the old favourites will still be there.

At lunchtime the café is often packed and it can be hard to get a table – but it is worth the wait. The Blueberry is very popular with Breathing Space members and young mums and children, but it is also the ideal place for a quick cuppa before heading upstairs to the spa, which is divided into two areas. Off a corridor to the left of the stairs is a series of rooms occupied by specialists, including a physiotherapist, osteopath, nutritionist, cognitive behavioural therapist, and sports massage therapist. Beyond these is the newly refurbished Hand and Foot Spa where basic manicures and pedicures are available but also specialist treatments such as hot stone massage, GELeration and Biosculpture. The Hand and Nail Spa is popular for parties and one option is the ‘Girls Just Wanna Have Fun’ package - a manicure or pedicure, drinks, nibbles and cake for groups of four to 12, aged eight to 16 years.

To the right of the staircase is the Breathing Space Day Spa comprising a large relaxation area, three rooms with showers and two rooms with baths. There is something for everyone, including mums-to-be and a special range of treatments for men. “We see ourselves as a holistic day spa rather than a salon,” explained Spa Manager, Carly Whawell. In fact, there is also a wide range of options available for men. “Everyone is much more interested in looking after themselves these days,” Carly added.

Special occasions are also well catered for and the ‘couples room’ - which has a Jacuzzi - is particularly popular with brides-to-be and their mothers. However, the Day Spa provides all the essentials for total body care and, unsurprisingly, is busy all year round. Treatments include massage, body wraps, skin scrubs, waxing, spray tanning (Sienna X),



Above. Christmas celebrations at Breathing Space. Left. Carly Whawell, Spa manager at work. Below. Flo and Fi in the Blueberry Cafe.

facials and reflexology. The Spa only uses ESPA natural skincare products. ESPA are a proudly British yet international company who the Spa works with because of their ethos of using natural products. However, customers are always consulted before any treatment and facials include an in-depth skin analysis.

A comprehensive brochure is available online and at the Breathing Space reception. It includes the slogan, “Celebrate any Special Occasion with a little bit of Breathing Space!” Advice anyone in Harpenden should most definitely take – but don’t wait for a special occasion.

Breathing Space is situated at 2 Thompsons Close, Harpenden AL5 4ES; parking is available off Bowers Way. Opening times are 9.00am to 9.00 pm Monday to Thursday and 9.00 am to 6.00 pm Friday and Saturday. To make an appointment telephone 01582 462223; further information is available at <http://breathingspacespa.co.uk>

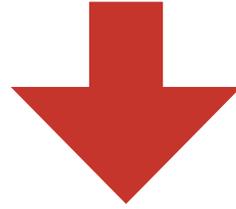


PARK HOUSE.

New development to open in Harpenden March 2018.



MARCH 2017 ...FROM THIS



...TO THIS MARCH 2018



Park House is a new collection of open-plan apartments in charming Harpenden. Designed by award-winning architects RCKa, the development has been inspired by the town's arts and crafts movement. Consequently, the three pavilion-style buildings contribute to the distinguished architecture along Leyton Road.

Set around a leafy courtyard, Park House offers a friendly, sociable collection of homes situated between Harpenden town and popular Rothamsted Park.

Park House is designed to offer the perfect balance between peaceful days relaxing at home and an active social life. **The Park Café is a bustling kitchen-style restaurant on the ground floor, with a south-facing outdoor terrace that looks out across the park.** It will be open to the public as well as the residents of Park House

For an afternoon of relaxation, head to one of the two treatment rooms where a number of massages, manicures and treatments are on offer. Each pavilion also has its own cosy lounge where you can unwind and chat with friends.

The Club House is a real community asset, offering bridge and board games, ladies' hairdressing, chiropody and a book exchange, all in a friendly, welcoming atmosphere. The Host is also on hand to help arrange movie nights, plan restaurant pop-ups and manage guest suite bookings.

Below. A computer generated image of the cafe.



To find out more about the proposals please visit www.parkhouseharpenden.co.uk or call 01582 643721.

The Harpenden Colts, Roundwood Park School and the whole Harpenden Community will benefit from the 3G all weather pitch.



Above: location for the 3G pitch on Roundwood Park playing fields



Above: 'Roundwood Park Year 7 Football Team'

Ian Holden (Chairman, Harpenden Colts FC)writes: Roundwood Park School's new astro artificial turf pitch is an important development for **Harpenden Colts Football Club**. At present we have no control over the facilities we use for mid-week training. Until last summer, Venue 360 in Luton – 5½ miles from Harpenden – was our closest facility for mid-week training. That venue was shut without notice, highlighting the vulnerability of the club's options.

Having somewhere with assured availability at **Roundwood Park** will allow long-term planning, without the uncertainty of access – and cost – that has hung over us in recent times. This is important, particularly given the encouraging growth in our girls section, which has launched five new squads in the last 18 months.

The new facility will also reduce the distance having to be travelled by coaches, players and parents, where currently the nearest available venues are Ashcroft School, Luton (7 miles), Beaumont School, St Albans (7 miles) and the Hertfordshire Sport Village, Hatfield (9 miles). All of these venues involve significant travel time and cost for coaches and parents.

Also, crucially, the astro pitch will enable the Colts club to provide coaching in a more structured way. Having all our squads training at the same venue will allow us to bring in external coaches to assist in improving the development of players, managers and coaches in a shared coaching environment.

Gaby Holt (A pupil at Roundwood Park School) writes: **Matthew Hunter**, head of the PE department at Roundwood Park School, was asked for his views on the 3G pitch and the way that it is likely to affect school life. The pitch's primary function is to be used for football, though Mr Hunter said the school also intended to use it for as many sports as possible, including Rugby training, athletics, fitness and other physical activities.

There are limitations however on what can be played on the pitch. For example, hockey is not possible as the grass length affects play and Mr Hunter agreed that 'quality would differ' between sports for which the pitch was not primarily intended.

Perhaps most obviously and importantly, the pitch would provide the school with somewhere to play sports in bad weather. Currently too many fixtures had sadly to be cancelled when rain or snow had made the school's conventional sports pitches unplayable. Mr Hunter pointed out that PE lessons would also benefit.

As well as benefitting the school's own school sports activity, it is good to know that, outside school hours, Harpenden Colts FC will have a more consistent pitch which they can rely on in all weathers on which to train and play. Indeed the school hopes the new astro pitch will benefit the whole of the community, most especially the young people of Harpenden and the surrounding area.

Mr Hunter said he also wanted to express his gratitude to the Football Association and to Harpenden Colts for their funding contributions towards the new pitch, as well as their support through the planning stages.

How did the Universe begin? What are the basic building blocks of matter?

Students from Roundwood Park School toured CERN, home of the Large Hadron Collider on March 4 to find out.

Scientific breakthroughs such as the discovery of the Higgs boson require experimental machines on the large scale, and the students gained an appreciation of the technical and engineering challenges that the multinational experimental collaborations at CERN face. Kathryn Robbins from Roundwood Park School said, "We were extraordinarily lucky: one of the main underground experiments was open to the public that day and we were able to stand right next to the machine that detected the Higgs boson – something scientists have been searching for since 1964. The experience was truly breath-taking and one that none of us will forget."

Influencing young people's future

The Roundwood Park students' visit was led by a member of the CERN community who talked from personal experience about their contribution to CERN's research programme.

STFC's Chief Executive Officer, Professor John Womersley said "The scale of the science and technology at CERN is awe-inspiring. There is no doubt that seeing it at first hand, and meeting the people who work on the experiments, can influence young people's future education and career choices. My own research career began at CERN and I continue to be fascinated by its discoveries."



The UK and CERN

The UK was one of the founding member states of CERN, the European Organisation for Nuclear Research, in 1954.

At CERN, many key roles are held by UK personnel; UK scientists, engineers and technicians have been central to all the major LHC developments, from Professor Peter Higgs' theoretical work that underpins the research, the initial LHC proposals, detector design and build, day-to-day operation of the LHC, and data analysis.

UK companies also benefit from the UK's

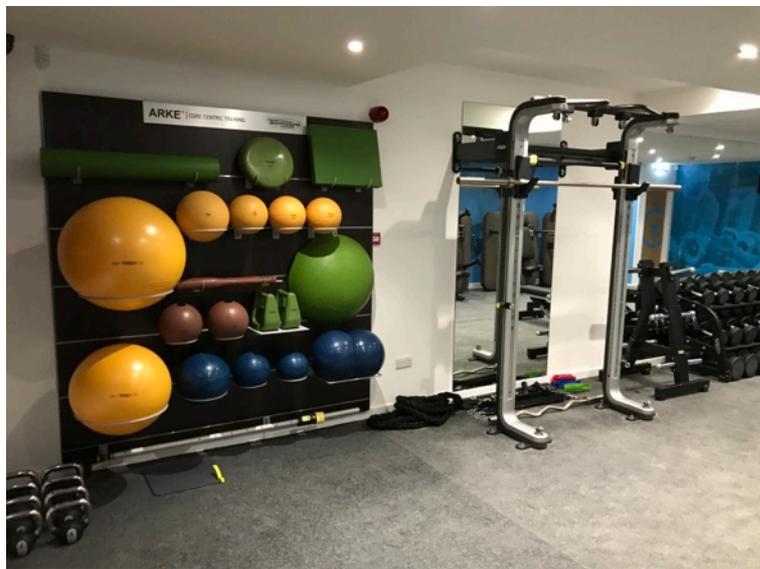
membership of CERN, winning contracts across a variety of sectors including civil engineering, high tech manufacturing, electronics and recruitment. As the world's leading particle physics laboratory, CERN welcomes

around 100,000 visitors each year; UK school groups represent a significant proportion.

Guided tours of CERN (for groups or individuals) are free. Due to demand, tours need to be booked at least three months in advance through the CERN web site <http://outreach.web.cern.ch/outreach/>.

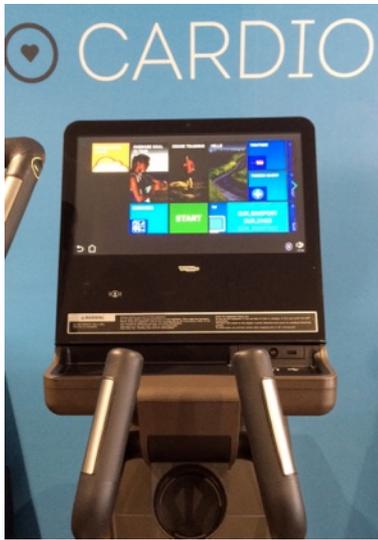
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"Great space where you feel welcome to either pop in to do some moves or a serious workout session. Friendly atmosphere that suits all ages, fitness levels and aims."

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"Great gym, atmosphere and staff! Looking forward to my first PT session"



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W. <https://thefitnessspace.com/harpenden/>

For a limited time we have some fantastic promotions on our memberships" Aarron Chambers, General Manager.

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